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# A Brief History of Absolutely Everything and Nothing



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## Chapter 1 by Alex Munro

Prior to Mazlow's famous Hierarchy of Needs, Abraham Mazlow's prototype system was based on peoples motivation to eat.

This system worked purely on the premise that once one level was fulfilled, then you would naturally progress to the next. Most commonly this was achieved by adding ham or cheese.

Mazlow had been initially inspired by the paper on Pavlov's cat whereby, no matter what the conditional stimulus, the cat just stared at Pavolov and then judgmentally defecated in his shoes. Out of this Pavlov concluded that he would fare better if he hid his shoes or tied his cat in a burlap bag and threw it into the canal. His cat thought that Pavlov might fare better if he shut the hell up and just handed over the mackerel.

Mazlow's Hierarchy of Sandwiches was a bold, if not slightly idiotic, theory. Heartily embraced by the gastronomically inclined, yet mostly ignored by eminent psychologists - dependent on whether they had eaten recently.

Mazlow's framework began at the bottom of a 5 tiered cake stand. This was used to illustrate the varying complex levels of Ma

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At the bottom was simple of butter. This, Mazlow hypothesized, was the basic building blocks of a sandwich of great import, and without it you would just have lettuce on a table.

On the next level was the humble cheese sandwich.

This represented the comfort food level. Although there are very few ingredients, everyone could agree that it's the safest sandwich to present to a guest without knowing their dietary preference.

Years later Mazlow's cheese sandwich level was furiously and quite literally poo poed by a lactose intolerant psychologist; from behind the bathroom door his stomach violently disagreed with the amount of comfort that had been provided.

And on it went, until the zenith was reached in the form of the toasted turkey club.

This was representative of the highest echelon, the fullest potential that a person could reach - even with mayonnaise dribbling down their chin and bacon stuck between their teeth.

Mazlow was thrilled to present his workings to the board.

They asked that Mazlow wait for an hour while they diligently reviewed his work.

Upon his return, Mazlow was dismayed to find out that they'd eaten his research under the impression that it had been an early lunch.

Mazlow ceased to pursue his theory, even though the board of psychology had unanimously agreed that by far it was the most delicious theory that they had ever been presented with, and advised that perhaps next time could he reduce the complexities of the human psyche to something with jam and cream.

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